



GUARD FAMILY CONNECTION

Volume 3, No. 2 NORTH CAROLINA NATIONAL GUARD

NC National Guard

**Building a Stronger
North Carolina**

Local Communities



GUARD FAMILY CONNECTION

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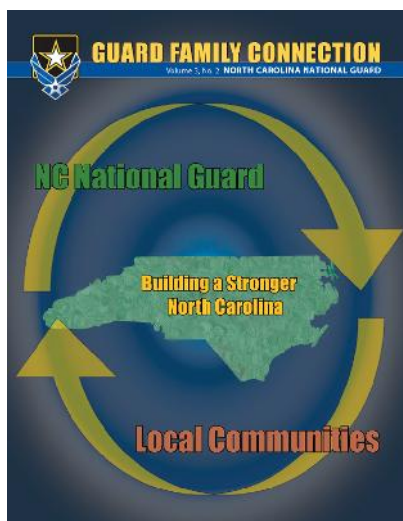
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On the cover >>

NC National Guard Soldiers and Airmen work together with local communities to create a better place for North Carolinians to live. The Guard works with local civil authorities to provide a safer community. Individual Guardsmen volunteer with their neighbors to build a brighter future for the State. Communities give back to the Guard with employer support, supporting Guard families and sending packages to our deployed members. A continuous rotating cycle of giving and support between the communities and the Guard builds a stronger North Carolina.



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The Adjutant General



The Guard Serving with Communities

statement says volumes about who we are. It says we choose to get involved, to be a part of our surroundings, to take action in the lives of those

as responding to disasters, deploying overseas or to the border. We are also builders of communities, visionaries for students, counselors against drug use, and disciplinarians for those who have

programs that we have today, addressing a need at the state level, our larger community. Our programs and people bring purpose to the lives they touch; in turn those lives bring a meaning to ours, a life of service.

between the communities where we live, and the Guardsmen or Guard programs that bring value to those communities. We have a variety of programs that add back to the communities, but we also have fantastic communities, that continually give back to us. We have tremendous supporters in the business world, citizen groups, churches and

no greater compliment to a Guardsman

Truth be told, most Guardsmen might struggle to tell you exactly why down inside it is inherently what they

drawn to serve and that's what makes me so proud to serve along side them. What a great opportunity for our families to be around men and women of this caliber, to have our children grow up with others that chose a life of service to community, state and nation.



R established for the Kids on Guard

work through questions they may have about their parent's service in the Guard. It brings Guard children together to share experiences, have fun and build friendships while their mom or dad is

Auto Dealers Association recently held their annual fundraising event and donated ten thousand dollars to Kids on Guard.

just one example of the great support that comes from communities across the state for our Soldiers and Airmen, both overseas and here at home.

I personally would like to thank you for your service to your community, state and nation. I am humbled and privileged to serve with each of you and your families. You are truly the bright shining stars of the North Carolina community.

William E. Ingram Jr.
Adjutant General
NC National Guard



THE SOLDIERS CREED

I am an American Soldier.

I am a Warrior and a member of a team.
I serve the people of the United States and live the Army Values.

I will always place the mission first.

I will never accept defeat.

I will never quit.

I will never leave a fallen comrade.

I am disciplined, physically and mentally tough, trained and proficient in my warrior tasks and drills.

I always maintain my arms,

my equipment and myself.

I am an expert and I am a professional.

I stand ready to deploy, engage, and destroy the enemies of the United States of America in close combat.

I am a guardian of freedom and the

American way of life.

I am an American Soldier.



AIRMAN'S CREED

I AM AN AIRMAN

A Newly planted seed growing each day,
exceeding all expectations
I AM AN AIRMAN

One of the many, the strong, and the proud
I AM AN AIRMAN

Backbone of the Air Force, focused
on quality, integrity, and excellence
I AM AN AIRMAN

Eager to learn the skills of tomorrow's needs.
I AM AN AIRMAN

Continuously striving to become more than
I thought I could and encourage
my fellow airmen to do the same.
I AM AN AIRMAN

Going above and beyond what is expected
by those appointed over me
I AM AN AIRMAN

A follower, transforming into a future leader
I AM AN AIRMAN

A part of the hope and promise of freedom,
willing to die so that freedom may live
I AM AN AIRMAN



Family Connections

Community Members and More

In this issue of the *Guard Family Connection* magazine, you will see articles on community supporting the Guard and the Guard supporting the community. Sometimes, it is really hard

in the same.

After all, our Guard members start from and return to the community. Most our service members are people who live in communities and towns all



State Family
Program Director

in regular school, church and civic events. Why? Because they are the part of the communities and neighborhoods

TO members, and even basketball coaches.

While they are part of the National Guard they continue to do all of those things, but also take on new responsibilities in addition to their regular ones. But unlike their Active Duty counterparts, Guard families usually stay in their communities during a deployment, doing their regular jobs, attending church, school, and ball games, just like always. Most of those will have extra duties at home because of the deployment. Why do they stay? It's where they live. It's HOME!

responsibilities of the household. Little League baseball teams

volunteer, but life goes on until that Guard member returns to the community.

As you read this edition, I would like you realize how much Guard and community are truly a part of each other. Where do Guard members return when they retire, to their neighborhood to become mentors, volunteers, teachers, church members, mechanics, office workers, PTO members, and yes, even basketball coaches, just like they were before.

I want to thank our communities, neighborhoods, and towns for providing us, the Guard community, with such a wonderful variety of people who are able to accomplish so many tasks and know that they will be welcomed with open arms upon their return HOME.

Sincerely,
D

State Family Program Director

A Family Assistance Center Near You:

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State FAC Coordinator, Family Readiness Program

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Check us out! We're on the Web...
www.nc.ngb.army.mil/family

Veterans & Guardsmen Resources



Accessing Care in Your Community

With the rate of deployment among our National Guard Troops, many issues arise when they return home. One of the most prominent and worried about is mental health issues. So what do you do when you live in a rural community and VA and Military health care facilities are hours away and you can't

First, I want to give everyone a word of caution on approaching the subject of readjustment issues with your spouse or family member. It is perfectly normal for Soldiers to

to life as a civilian. For the time of deployment, our adrenalin and awareness has been at a constant high, and now that it does not need to be in the same heightened state, it is normal

Don't avoid the problems but

initially, but most will not until 6-18 months after return. One of the best solutions I have seen is to encourage unit members to stay in direct contact after they return — even before they return from drill. Encourage soldiers to meet up with a few of their friends from the unit and get together for dinner or a weekend trip where they can get together and talk about how

around. Don't ask me why, it's just the way they are. When they are comfortable talking about things with their brothers and sisters in arms, they will begin to talk more freely to family and friends. Ok, so here are a couple of resources for you.

One way is through Military One Source, which you
DOD
program that can set you up for six FREE face-to-face visits

with a mental health professional in your area.

Another option is through the Post Deployment Health Reassessment process. Unfortunately, this is something that you will have to wait to be scheduled by your unit and usually happens 6-12 months from the unit's return home. But you will get paid for any visits to the VA for any medical appointments made at that time.

Finally, even if there are not other military families in your area, you may be able to go to the nearest hospital or medical center and get a list of professionals in your area or look them up on the web

they would be willing to give you/your Soldier a discount rate for a couple of sessions.

If you have any questions about this you can reach me at the below numbers or e-mail. I'm not a pro in mental health, but having been there myself I can do my best and can relate to what other Soldiers are going through.



Andrew Butterworth

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Email: andrew.butterworth@nc.ngb.army.mil

Wounded Warrior and Family Hotline: 800-984-8523

STARBASE: Helping Children with Math, Technology and Science



Students launch rockets they built during STARBASE

science and technology, students learn about teamwork, goal setting

At STARBASE, students participate in exciting, hands-on activities in aviation and space exploration, and interact with military personnel to explore careers and make connections with the "real world." In addition to learning critical skills in math,

DOD STARBASE in the fall of 1992. Since that time program has served over 350,000 students and has grown to 54 academies operating on military installations in 33 states, the District of Columbia, and Puerto Rico. DoD focuses the program on those students who are underrepresented in math, science, engineering and technology. Particular emphasis is placed

TARBASE instruction. Trained and experienced teachers, along with military personnel, make learning fun and relevant. Students are encouraged to explore and discover in an environment that builds individual strengths as well as cooperative group skills.

TARBASE Program was one of the original

Carolina Air National Guard and is based at the Charlotte Air National Guard Base.

In January 2004, North Carolina received funding for a second STARBASE site at Ft. Fisher National Guard Training Center in August 2004.

To date, over 35,000 students have participated in the North Carolina STARBASE program.

throughout North Carolina.

Instructors are retired teachers/administrators from the North Carolina School System with an average of 32 years of classroom experience.

For more information please call Barbara Miller at: 704-398-4819 or Email to: Barbara.miller.ctr@ncchar.ang.af.mil



Family Focus

'Thank you' from the Community - Priceless

by Sgt. Robert Jordan



began his military career in a time of war and is now retiring, also in a time of war.

McMillan, Master Sgt. D

Master Sgt. John Ouellette began at the tail end of the Vietnam War and will come to a close this year.

"My friends in Clinton could not believe I did it when I enlisted in the Army during the Vietnam War," said McMillan.

value, "I came from a military friendly community in Jacksonville, Fla., if you were called it was expected to serve."

Ouellette, at the time a Canadian citizen, wanted to support the U

S. always stood for something good in the world."

enlisted in the Army, Ouellette in the Marines, and after serving in Vietnam they got out. Service in Vietnam created a community all of its own. "When you see the Vietnam Service ribbon you know that is an old school Soldier," said McMillan who served as an Infantryman in the Central highlands

Vietnam hold to this day, A brotherhood you look up to and know the experience is shared among those who wear the ribbons, you cannot take away what they have

While service in Vietnam brought them together it also separated them from the community. "It was disappointing, we had to return in civilian

Vietnam War was unpopular and returning Soldiers were ordered to return home in civilian clothes to avoid confrontation. Once home communities were not eager to relive the war. "I didn't talk about it and neighbors did not ask," said McMillan.

men into the National Guard. "I missed certain aspects of the Military and with the Guard I could have it both ways," said McMillan. "A friend talked to me to try it and I am glad I did." Serving at home brought recognition from the community,

Active Duty was after a hurricane we went to the local High School and cleared debris, it felt good when the

said McMillan.

Wartime deployments and state active duty are not the only way the Guard is a visible component of the local community, drills and annual training present an opportunity to engage the community.

around the armory, eating at the local restaurants, creating an economic impact

had drilled in Florida and noticed Guard members had a statewide impact. "As thousands of uniformed Guard members drilled across the state, visually it was a community on the move to their drill site and in the evening returning."

A second wartime deployment, this time with the North Carolina National Guard, contrasted with their Vietnam service both in the role of the Guard and local support.

Army can not function without the Guard," said McMillan. "With the Guard so involved, it keeps the communities involved,

Carolina National Guard has deployed over 11,000 Soldiers and Airmen for the Global War on Terror since 9-11.

Ouellette who retired after 30 years in the NCNG recalls how the community would remember his service. "When the 30th came back greeted

emotional for me," said Ouellette. "People would stop me on street for a year and thank me for my service, I could not believe it."

the Citizen-Soldier and the community. Community support of local Soldiers and Airmen has a profound impact on service

during drills, state active duty, annual training, community events and its absence for federal service highlight this bond.



Family Focus



Guard Families Reaching out to Guard Families



Kiddies on Guard is for younger Guard children. The program provides adult supervision, exercise for the children and arts & crafts activities.

Guard families that have had loved ones deploy or had children involved in the Kids on Guard program may have come into contact with the dedicated women

all connected to the Guard through their own family, have personally served or are

care of the Guard family as a whole.

they are neighbors and live in towns across North Carolina, just like other family

backgrounds providing talents acquired from their civilian background and bring it to the NC National Guard just like the Soldiers and Airmen. Nancy Davis, the Family Assistance Center Specialist in Morganton was self-employed, Angelena D

to help at-risk young people. Some have backgrounds in customer service like Katy Jones, FA

A member of one, Kathleen Flaherty, a retired Lt. Col. Others have worked with

volunteered for Boy Scouts, Girl Scouts, Churches, Schools, Red Cross and local hospitals, bringing strength to their local

Kids on Guard provides Guard children with a greater understanding of what their Guard parent does on drill weekends. Having a better knowledge of what the Guard is about helps children prepare for a parent's deployment. This program also provides children with the opportunity to socialize with other children who have experienced or are experiencing some of the same situations.



have, they came together as one family to support the Guard and their families

individuals and became a family. Diane Director said, "no one can support a Guard family better than another Guard family." She said that in the Family Programs team they have all experienced or are experiencing a deployment and the struggles that come

makes them such a good team that works so well together.

With over 12,000 Guard members and on-going deployments, there are only 11 full-time Family Readiness employees.

Readiness volunteers in individual units to make the program work. Without the volunteers' personal touch, the Family Readiness program could

support. When your loved one gets the call, no one knows how that feels like another Guard spouse, mother or father. You have the background, understanding and talents needed to make this program work.



Community

Neighbors Helping Neighbors by Melissa Thames and Sgt. Anne Marie Gildhouse



Left to right Bruce Schweigert, Jerry Harris, Jerry Warren, Ron Brown, Chris Yarleets, Frank Nosal. Photo by Melissa Thames

many friends you have, tell them you are moving and see how many people show up. Well, one particular National Guard family soon learned that they had new friends that they never expected.

O
Assistance Center received a phone call from a

was coming home for his R&R (rest and relaxation) and had scheduled for his family of four to move from Morrisville to Cary.

moving a family of four was too large for her and her husband to complete on their own, so she called Family Assistance for resources.

Retired Guardsman Jerry Warren, now with the Wake Forest Masonic Lodge #282, had been in recent contact with the Family Assistance Center (FA assistance when needed. In the past, Warren had helped the Morrisville FAC on several occasions with dinners for families, care package mailings, and logistical support for Kids On Guard. Warren immediately

family's situation. With the support of other

moving assistance was made available to the National Guard Family.

As promised the lodge members along with Frank Nosal of Commercial Lawn Service and Ron Brown of Ron's Lawn Care

place as scheduled on February 21 and was completed on February 22. Moving the family took two full days with lots of physical

and down stairs and made several trips from one location to the other. After the move was complete the volunteers went a step further

family's new home. Without the help of volunteers who so generously donate their time, many Guard families would be left on their own to struggle. A community pulls together with members like these men to help their fellow neighbors.

Warren and the other volunteers have National Guard Family for the duration of the soldier's deployment and re-deployment.

Double Duty by Tech. Sgt. Brian Christiansen

volunteers. Everyone signed up, regardless of the reason, they volunteered their service to the military. Often Guardsmen also volunteer time for the community for events outside their own unit. One of these individuals is an Air Guardsman in Charlotte.

Master Sgt. William Moore of the 145th Logistics Readiness Squadron, 145th Airlift Wing in the NC Air National Guard stays busy as the base equipment management specialist. Full-time he is responsible for over 100 accounts within the Wing's supply, plus he still completes his drill weekends and annual training. Where Moore goes above and beyond is volunteering at the USO in the Charlotte-Douglas International Airport.

Since October 2006, when the USO guests representing all branches of the armed

screen television for entertainment.

Retired Navy Capt. Jack Ahart, director of the USO Center said "We feel that all

troops are VIPs, and we want to treat them as such."

Moore has logged roughly 300 volunteer hours. He spends a lot of his time making

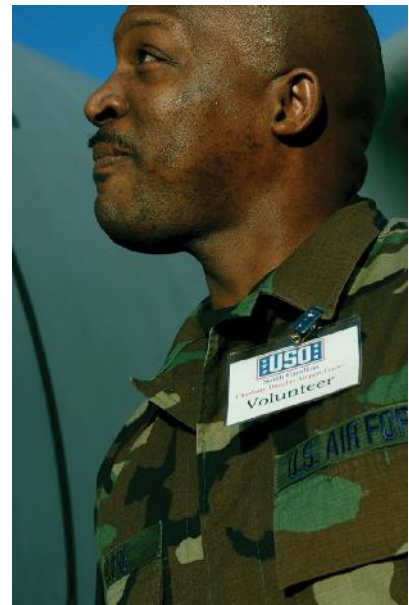
duty is to make sure his guests can relax and enjoy themselves.

"Our volunteers make our guests feel

volunteers basically run the center," said Megan Grady, the Assistant Director of the Charlotte USO.

Moore said he gets joy and a feeling of accomplishment from helping out his fellow veterans and servicemen "I just felt like I needed to do something like this and give back." During a recent Guard deployment Moore took on a double duty. For six days Moore stood at the entryway of the departing C-130s handing out gift bags to the Airmen boarding the aircraft.

I
USO, Armed Forces' home away from home." For more information about volunteering with a USO near you, go to www.uso.org or call 704-359-5581.



Master Sgt. William Moore waves to deploying airmen on February 12, 2007 at the 145th Airlift Wing, North Carolina Air National Guard. Moore, a full time Logistics Readiness Equipment technician, assigned to the 145th LRS, volunteers at the Charlotte Chapter of the USO at the Charlotte Douglas International Airport. Photo by Tech Sgt Brian E. Christiansen, NCANG.



Community



Community Rallies Around 145th Airlift Wing Deployment

by Kathleen Flaherty (Lt. Col. Ret), Wing Family Program Coordinator



Planes were deploying during the evening every other day for two weeks and concerns arose that the Airmen would get hungry. As planes were preparing to deploy, Jack Ahart and Megan Grady of USO-Charlotte Douglas IAP Center along with Master Sgt. William Moore, a member of the 145 LRS and a volunteer for the USO, served up a greatly appreciated meal of donated pizzas from Papa Johns, Dominos, Wolfman and Johnny B's. In addition, Ahart and Grady handed each deploying Airmen a USO care package as they entered the aircraft.

members, families and community is truly a heart warming act that is a unique and inspiring example of support for our North Carolina Air National Guard members go-

Sunday, February 4, 2007, Super Bowl Sunday, when most folks are preparing for a fun night of TV, the 145th Airlift Wing was preparing its members and their families for their Air Expeditionary Force (AEF) deployment. Over a period of two

and goodbyes took place and six C-130 H aircrafts with operations, maintenance and support personnel deployed.

Various community organizations, USO-Charlotte, USAA, churches, schools and radio stations partnered with family readiness and showed their support for our military members and their families.

Kiss 95.1 radio station did a calling card drive and gave 400 AT&T Salutes the Military

Lake Norman Charter School, under a student leadership initiative, "Operation Silly String" gathered banners, letters, supplies, toiletries, hand made hats, ping pong sets, silly string, and more not only for our Airmen but also for other deployed service members already in country.

Kimball Memorial Lutheran Church of Kannapolis prepared goodie bags for Guardsmen for their long trip and to share with other service members already in country. USAA

with valuable information and calling cards. Richard Vosteen, an American Red Cross representative, came by to talk with the troops

the children of our deploying members.

Tammy Snider, spouse of deploying Tech. Sgt Brad Snider, made sure each deploying member received a special treasure to carry a little piece of home with them — a pocket-size folded U Project™, American Legion Auxiliary Unit, 266 Stanley, N.C.

of what they have accomplished for our Guardsmen and women and know that what they have done will help the morale and readiness of our members. Photos can be seen at: <http://www.nc.ngb.army.mil/hotogallery070217%20NCANG%20Deployment/070220NCANG.htm>

USO, Jack Ahart, Megan Grady and William Moore hand deploying airmen their USO care package.



GUARD FAMILY CONNECTION



**Building
Strong
Communities**





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unity





Community

Unique Gift Reaches Thousands of Guardsmen and Their Families

By Sgt. Anne Marie Gildhouse



Linda Beck uses her talent to support NC National Guard Soldiers by making an average of 20 cards per day. Photo by Sonya Renee Parrish.

I think the words that our former president John F. Kennedy spoke "Ask not what your country can do for you — but what can you do for your country" are as profound today as they were when spoken

me to a story about an amazing American woman who serves our country in a unique way, in spite of her own obstacles.

L
as the "card lady," is a 60 year old widow

who is home-bound due to a debilitating illness called multiple sclerosis. She admits that she isn't able to get out much, however, she wanted to get involved and help support the troops, especially the Guardsmen in North Carolina.

Linda's journey of her illness and the help of one of her good friends, Debbie, she got started on a new hobby of making homemade cards. For a couple years, she made cards just for the sake of making them. She asked her good friend Debbie one day "What am I going to do with all these cards?"

Debbie replied, "if you enjoy making them, just keep on and don't worry about it." Several times Debbie predicted that Linda

Much to her surprise, Linda shortly found out the purpose she had in making all the wonderful cards. She sold them and donated all the proceeds to the youth missions through her local church.

Later on, Linda's daughter told her about a project announced on the radio in Winston-Salem to send homemade cards to Guardsmen in Iraq. Linda called Benita VanWinkle to get the details and learned that Soldiers and Airmen in Iraq did not have a place to buy cards to send home to their loved ones. Linda thought that this would be a wonderful opportunity to share her gift that she says "is in the cards."

Since then, Linda has been sending cards to Guardsmen for over two years so that they will have cards to send home to their families. She makes about twenty cards per day and over the past two years she has sent several thousands of them. Her goal is to send enough cards to Iraq for all of our North Carolina Guardsmen as often as she can. "I'm not able to serve my country but God has enabled me to use this ministry to express my appreciation for our Soldiers and their service." Additionally, she says that she has made wonderful new friends and several people have donated postage and materials to enable her to continue sharing her homemade cards.

Linda Beck resides in Woodleaf, North Carolina., if you would like to contact her please e-mail her at lindainthecards@carolina.rr.com.

Serving NC National Guard Servicemembers and their Families by Nancy Davis

Open Flames Restaurant in Hickory, N.C. invited National Guard Soldiers and their families to a Valentines dinner

the restaurant have been faithfully serving the NC National Guard.

Serving the Valentines' dinner to the families is a way for James Johnson and James Loria, owners of the Open Flames Restaurant, to express their support of the troops and to say how much they appreciate the Soldiers and their families for

Loria proudly planned the dinner themselves and welcomed our military families with open arms, feeding them like they were their own

family members who came out to take part in this gracious event. Some of the Soldiers who attended the event had been deployed

in the past and had not had a chance to take part in the events in the past.

Johnson has been working with the Morganton and Asheville National Guard

The owners of the Open Flames Restaurant show their support for the NC National Guard. (Pictured from left to right Mr. James Johnson, Nancy Davis and Mr. James Loria)



Family Assistance Centers over the past four years through his restaurant businesses. He and the Family Assistance Centers have teamed up many times to do such an event. Johnson said the event helps families come together to be with those who truly understand one another, the pains of deployments and separation from loved ones.

Many National Guard families have been touched by the support and generosity of these two men. If even for one night, the many faces that make up the NC National Guard can come together as one family.

Open Flame Restaurant, Mr. James Johnson and Mr. James Loria, for all of you're the support you have given to our military families in the past and the present.



Community



Smallest Americans Show Support in Big Way

By Sgt. Robert Jordan

T school children sat quietly and listened with rapt attention, their Soldiers were home. Sgt. Dale Leonard and Sgt. Ankarstan of the 630th CSSB, home on leave, brought a United States Flag signed by members of the Iraq to thank the children

for all the letters, packages and support they gave the Soldiers during their deployment.

smiles just wanted

Leonard. Children sat on the auditorium

questions of the Soldiers for several hours. "Some asked me my opinion of sending more troops, I was blown away, kids do not usually

ask questions like that," said Leonard.

Along the walls of the school were handwritten notes from the Soldiers thanking the students for the cards, care packages and support: "I will put up your cards each year as a reminder of the support", "Your card was beautiful, receiving it makes being here

worthwhile", "Hope you have a safe and Merry Christmas".

reception as well. "It gives us as Soldiers a morale boost that someone at home is thinking about us and our wellbeing," said Leonard.



Innovating Support for Communities

By Maj. Matthew Handley

versatile force, training for war and serving -
er ways the men and women of the Guard have been serving communities around the state that don't always make the head-

Innovative Readiness Training Program or IRT, is a unique

105th Engineers are working on an Innovative Readiness Training



blend of community improvement or assistance and training objectives in the areas of construction, transportation, medical and operational.

bridge reconstructed at a park, a large museum piece moved across town, or support to some event in need of the organizational and technical skills to help it come together successfully, and they request National Guard assistance. If the organization meets the regulatory criteria, and the event will provide a good training event for the National Guardsmen then a detailed plan is worked out to provide the requested

organization or community by saving them money in their budgets for other projects,

with real world training and indirectly with the satisfaction of applying their military skills to help their local community. Many Guardsmen that have worked an IRT tell of how good it made them feel to help with an important project for their fellow North Carolinians. Veterans of the Global War on Terror have stated that it is

have helped others around the world.

the Special Olympics State Games and the public parks around North Carolina through this unique partnership. It does take hard work and commitment from the requesting organization.

For more information on how to request an Innovative Readiness Training project contact the NC National Guard Public Affairs O

GUARD FAMILY CONNECTION





Community

Communities Weaving the Strength of a Nation By Sgt. Jessica L. Sheldon



Chief Ken Brisco of the Lenoir Fire Department stands with Maj. Gen. William E. Ingram, Jr., Adjutant General of the North Carolina National Guard. Photo by Lt. Sam Smith.

Serving in the National Guard is a very branches of the Armed Forces. National Guard members and their families are spread out and do not always have the support active duty members have that is provided by living in are our support system. Although many

Fire D
Call Home,' which is a program where local residences and businesses donated either cash or calling cards for Soldiers to call home. By the end of the program last year, the groups had raised 203 calling cards and \$9,553 for purchasing cards for a total of 111,000 minutes for service members to call home.

times people in the community do not know what it is like to have a spouse or parent deployed, the community can make a world of

who do.

Last year two organizations came together to make a

serving in their area; Foothills radio Group, owners of KICKS 103.3 and WJRI in the Caldwell County area and the Lenoir

Lt. Sam Smith of the Lenoir Fire D
we ever dreamed of. We were hoping to get \$3,000. We had no idea." H
really says something about our communities and surrounding counties."

Sustainment Support Battalion and 1451st Transportation Company, both currently serving in Iraq. Cards were also sent to all

members from the area.

"Having calling cards to send to the troops is an excellent show of support," said Maj. Gen. William E. Ingram, Jr., the Adjutant General of the N.C. National Guard. "It can be expensive to call home, and a lot of us have experienced operations outside the United States. Nothing is better than talking with family back home."

People coming together for a single purpose

community's purpose was to support those who give so much to the state and nation. A community who stands up with those who answer the call of their nation strengthens the country as a whole.

News-Topic and Nathan Key from Lenoir, N.C. contributed to this article.

NC National Guard ChalleNGes Young Adults

North Carolina's Tarheel ChalleNGe Academy is a quasi-military program for high school dropouts, or expellees who, if left unguided, could be headed for trouble.

these young adults with the discipline and life skills necessary to be productive members of society.

sponsors the Tarheel ChalleNGe Academy, located in Sampson County near Clinton, N.C. However, there are no military obligations for attending the Tarheel ChalleNGe Academy. Cadets are free to choose military service as one of their options, but are not required to do so.

Tarheel ChalleNGe Academy is a volunteer program. Anyone can recommend and assist cadets. However, an applicant must volunteer for the training and be motivated and committed to turning his/her life around through this "second



the cadet's family other than personal items like toiletries.

During the residential phase, cadets wear uniforms, follow a daily schedule, attend classes and participate in other developmental activities designed to strengthen their minds

to work within a structured and disciplined environment. A major part of the residential phase prepares cadets for General Education Development (GED) testing.

Tarheel ChalleNGe Academy screens and trains an adult mentor for each cadet. Mentors and cadets are matched during the

to give support to one cadet for at least 12 months following graduation. Mentors provide the support and guidance necessary to keep their graduate on track and focused on the path to success.

For more information about the Tarheel ChalleNGe Academy, please contact at 1-800-573-9966 or 910-525-5520.

Employers Supporting the Guard



NC State University Sign the 5-Star Statement of Support

By Sgt. Jessica L. Sheldon

NC State University Chancellor Dr. James L. Oblinger signed a 5-Star Employer declaration of support for Guard and Reserve, Tuesday, March 6.

University has nearly 7,000 full-time employees and 30,000 students. NC

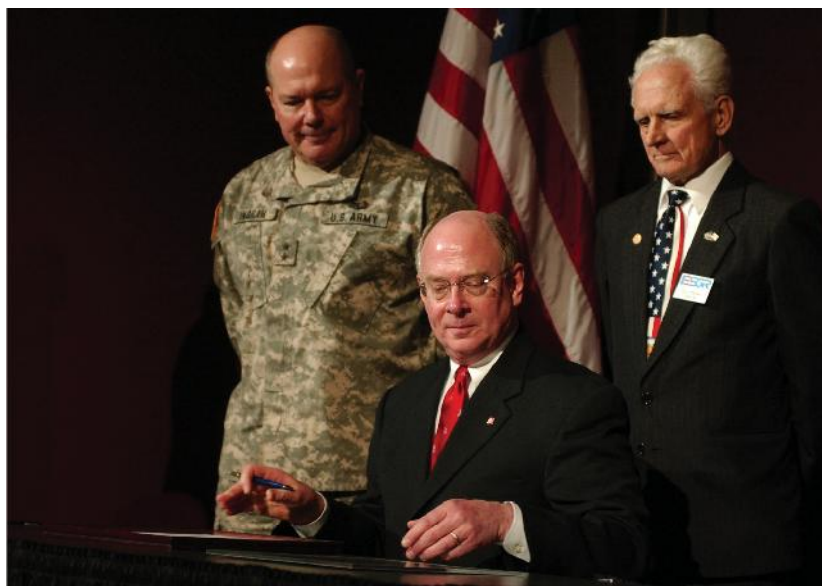
Doctor of Veterinary Medicine degree. NC State serves all of North Carolina's citizens and communities through teaching, research, extension, engagement and economic development activities.

5-Star employers sign, publicly, a Statement of Support, which publicly acknowledges the company's commitment to men and women of the reserve components.

to ensure they are in compliance with the Uniformed Services Employment and Re-Employment Rights Act (USERRA), and then adopt policies that go beyond what

agers and supervisors in those policies to better support their reserve members that work for them.

Oblinger began his comments to an auditorium of employees by thanking them for all they do to make the NC State a great University. March 6 was also NC State's



Raleigh, N.C.- NC State University Chancellor, Dr. James L. Oblinger signs the 5-Star employer declaration of support for the National Guard and Reserve members that are employed with the University. Maj. Gen. William E. Ingram, Jr, the Adjutant General of the NC National Guard and Mr. Bud Brown of the Employer Support of the Guard and Reserve (ESGR) watch the signing. Photo by Sgt. Jessica L. Sheldon.

employee appreciation day the Chancellor said "I tremendous contributions made by our men and women of the National Guard and the

Reserve forces. We are very proud, as an institution, to support our individuals in uniform," said Oblinger. Referring to the many goals achieved since he began as Chancellor at State, he said, "You don't make these types of accomplishments without a good team."

Adjutant General of the NC National Guard, Maj. Gen. William E. Ingram, Jr., graduated from NC State in 1970 with a Bachelor of Science degree in Textile Chemistry and how proud the University is to have a graduate that has gone on to achieve such accomplishments.

As Citizen Soldiers, the National Guard not only uses its own training, but the training and education provided by civilian em-

patrolmen and technical communication skills. All occupations give the employees valuable assets that they bring into the NC National Guard.

Since Sept. 11, 2001, the North Carolina National Guard has deployed over 10,000 Soldiers and Airmen at home and across the globe including deployments in support of Noble Eagle (Homeland Defense), Operation Iraqi Freedom and Operation Enduring Freedom.



A jazz band performs as the entertainment provided for the NC State employees during the Employee appreciation Day. Photo by Sgt. Jessica L. Sheldon.

GUARD FAMILY CONNECTION

NCARNG Units



30TH BRIGADE COMBAT TEAM (HEAVY)

- 30th Headquarters Headquarters Co.
- 30th Special Troops Battalion
- 120th Combined Arms Battalion
- 252nd Combined Arms Battalion
- 150th Armored Cavalry Reg (WVARNG)
- 230th Brigade Support Battalion
- 1st Battalion 113th Field Artillery



130TH COMBAT SUPPORT BRIGADE (MANEUVER ENHANCEMENT)

- Headquarters Headquarters Co.
- 690th Maintenance Battalion
- 105th Engineer Battalion
- 505th Engineer Battalion
- 105th Engineer Group



449TH THEATER AVIATION BRIGADE

- Headquarters Headquarters Co.
- 1st Battalion 130th Aviation
- Det 1 A Co 1st BN 58th Air Traffic Svcs
- B Co 1st Battalion 126th Aviation Regiment
- 226th Division Aviation Support Battalion



60TH TROOP COMMAND

- 42nd Civil Support Team
- 139th Rear Tactical Operations Center
- 730th Quartermaster Battalion
- 5th Battalion 113th Field Artillery
- 217th Personnel Services Company



113TH FIELD ARTILLERY BRIGADE

- Headquarters Headquarters Battery
- 105th Military Police Battalion
- C Co 161st Area Medical Services Battalion
- 630th Combat Sustainment Support Battalion

Deployed Units

CAMP ATTERBURY

- 133rd Personnel Services Det.

OPERATION JUMP START

- 147 Guardsmen (Air & Army)

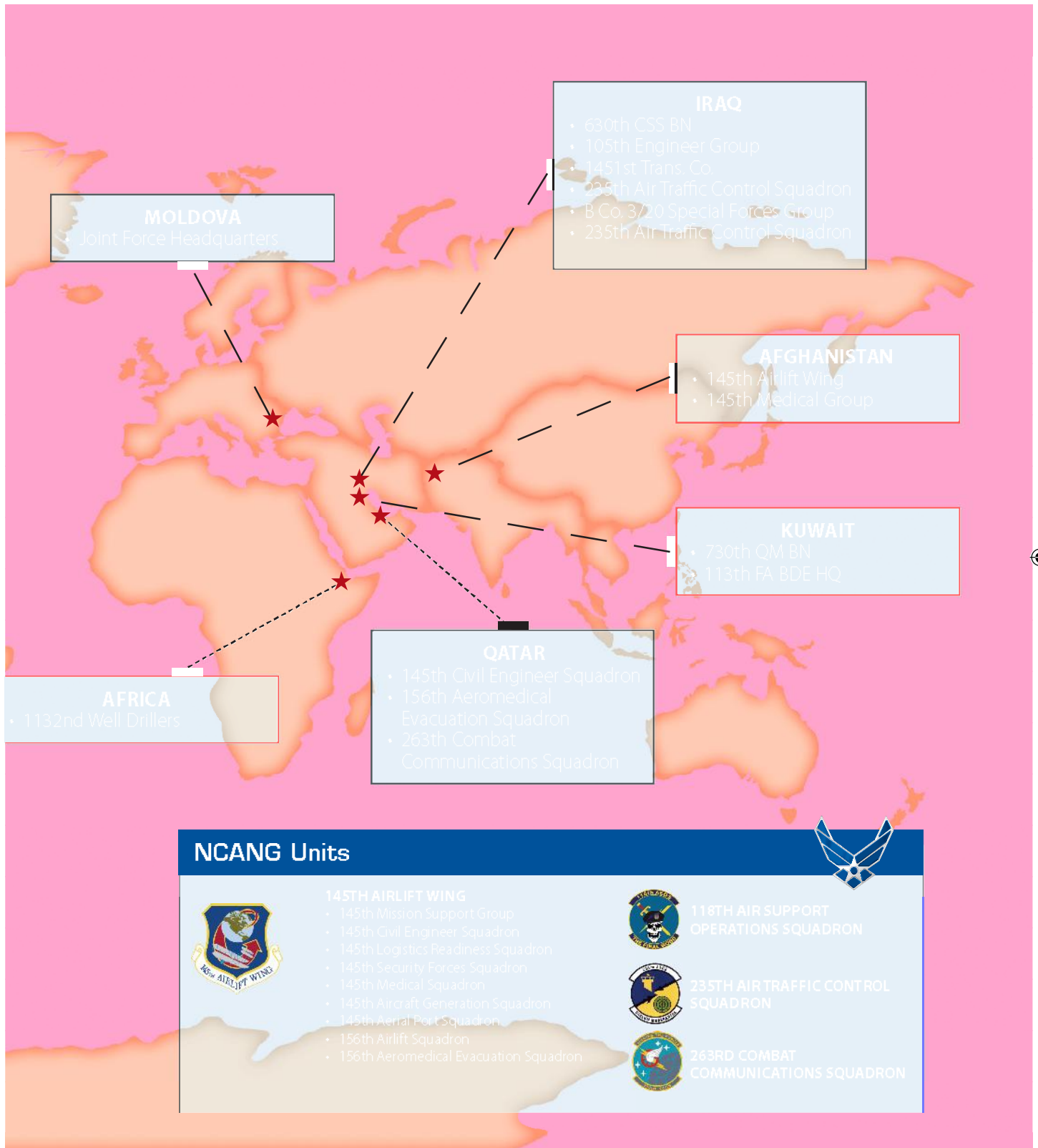
AIR NATIONAL GUARD OIF U.S. AIR BASE SUPPORT

- 145th Airlift Wing
- 145th Aircraft Maintenance Squadron
- 145th Security Forces Squadron
- 145th Aerial Port Squadron
- 235th Air Traffic Control Squadron
- 145th Civil Engineer Squadron
- 145th Maintenance Squadron
- 156th Weather Flight
- 156th Aeromedical Evacuation Squadron

ANTARCTICA

- 145th Aerial Port Squadron

Total deployed = 1,800 Guards-





Marriage Enrichment

Covered Topics

- Destructive Patterns: Signs of Danger
- Changing Roles, Changing Rules: Men and Women in conflict
- When what you heard isn't what I said
- Talking safely without fighting: The speaker-listener technique
- Controlling the Home Fire: Handling issues and events well
- New Perspectives on problems and problem solving
- Keeping conflict under control
- Safe Harbor: Commitment and Forgiveness
- Sense and Sensuality

Dates and Locations

4-6 May: Beach Area held in conjunction with Kids on Guard

13-15 July: Asheville Area w/ Kids on Guard

24-26 Aug: Beach Area, NC

21-23 Sept: Boone Area, NC

For more information contact Alice Dean at 1-800-621-4136 x 7616

For information and
registration please
contact:

Alice Dean,
State Youth Coordination

(800) 621-4136 ext. 7616

Email: alice.dean@us.army.mil

www.nc.ngb.army.mil/family



Upcoming Events

Kids on Guard Day Drills

June 9: Greensboro, N.C.

June 16: Asheville, N.C.

August 11: Morganton, N.C.

October 20: New London, N.C.

Kids on Guard

Weekend Camps

May 4-6 Fort Fisher, N.C.

July 13-15: Swannanoa, N.C.

September 28-30 Camp Butner, N.C.

Community Resources



NATIONAL GUARD

AUTOMATION TOOLS

BANKING

DISCOUNTS

www.herosalute.com
1 - 8 0 0 - 3 4 2 - 5 2 8 3

EDUCATION BENEFITS

FAMILY

INSURANCE

LEGAL

MONEY MATTERS

TRAVEL

VETERAN'S

YOUTH

GUARD FAMILY CONNECTION



NC National Guard Substance Abuse Prevention Program

By Senior Master Sgt. Richard A. Hergenreter

Drug Demand Reduction (DDR) is part of the Counterdrug Task Force and is primarily concerned with preventing substance abuse by members of the military, their families and other residents in communities throughout the state of North Carolina.

We are excited to announce the launch of our new website at: <http://www.ncchar.ang.af.mil/145AW/CounterDrug/index.htm> where you can learn

or your community.

Our recent involvement includes:

12 Mar 07: Assisted the Alcohol and Drug Council of North Carolina with display and prevention material for the HBO premiere of "Addiction" held at the Progress Energy Performing Arts Center in Raleigh, N.C. which included an address from the Governor's wife Mary Easley on the importance of getting this message out.

19 Mar – 23 Apr 07: Conducting a "How to Drug Proof Your Kids (DPYK)" parent training at St. Vincent de Paul Catho-



**Chief Master Sgt. Thomas Innes with the NC National Guard -
vention statigies to JROTC students at Hillside High School in
Durham, NC. photo by Sgt. Robert Jordan**

week, two hour per week training for parents which is free for attending Guardsmen.

18 Apr 07:
What I have learned about Drugs and Alcohol" parent training at the NCANG

aimed at the parents of middle and high

school children and is free to attending Guardsmen.

24 – 25 Apr 07: Preparing for the NC Parent Network Conference "Raising Healthy Children: Parents and Communities Together" being held at First United Methodist church in Elon, NC. Additional information regarding the conference can be found at: <http://www.familiesinaction.org>-Feb 2007 - Provided "Freedom Calls", a positive motivational production to six middle schools in various counties

on the importance of Convictions, Courage and Ambition in maintaining a drug free lifestyle.

Apr 2007: We are providing the "High School Program" to Air Force ROTC students at West and East Montgomery High

tion program designed to increase the drug awareness of students and equip them with the skills necessary to refuse involvement in the misuse of these substances.

For more information call: 800-354-6943 x4919

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